



## *A New Life Support Center for Grief and Loss*

At Stephy's Place, a non-profit 501(c)3 Support Center for Grief and Loss, we understand the trauma, fear, confusion, and loneliness you feel when you lose a loved one. You are not alone. At Stephy's Place we offer a network of support, built by people who have lived through the same experience. We believe in the power of Healing in Community.

Located at 210 West Front Street, Red Bank, in the Swede Chevalier building, Stephy's Place is currently offering 10 peer support groups, as well as monthly mindfulness meditation sessions, all free of charge. Current groups include: coping with the loss of a spouse, child, parent or sibling, and helping survivors deal with the loss of a loved one due to addiction. We also plan to offer groups to help people cope with Post Traumatic Stress (PTS), divorce and loss due to suicide. Please contact us if you are interested.

For more information including a schedule of weekly groups, please visit us at [www.stephysplace.org](http://www.stephysplace.org), on our Stephy's Place Facebook page, or call us at 732.614.1142.